

Coping and Behavior Resources For the Family

Coronavirus: How to Protect Your Mental Health

https://www.bbc.com/news/health-51873799?utm_source=pocket-newtab

COVID-19 Resources

<https://www.schoolcounselor.org/school-counselors/professional-development/learn-more/coronavirus-resources>

Community Connection in Times of Physical Separation

<https://mailchi.mp/48443d01ff10/each-mind-matters-insider-august-4129221?e=6970e6e46b>

Resources for Talking to Children About Corona Virus

Center for Disease Control (CDC)

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

Talking with Kids about the Coronavirus

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

Behavioral/Autism Resources

Local

Behavioral Health Services for Children

<https://www.countyofsb.org/behavioral-wellness/childrenservices.sbc>

The 24-Hour Toll Free Access Line at (888) 868-1649 is available to determine your need and eligibility for services. Entry into the programs listed on the website begins with the Access Line

Tri-Counties Regional Center.

<https://www.tri-counties.org/>

1234 Fairway Dr. Suite A

Santa Maria, CA 93455

(805) 922-4640 (800) 266-9071

FAX (805) 922-4350

Central Coast Autism Spectrum Disorders

<http://sloautism.org>

(805) 763-1100

National

Autism Speaks

<https://www.autismspeaks.org/>

AFIRM Evidence Based Practices Modules

<https://afirm.fpg.unc.edu/afirm-modules>

California Autism Professional Training and Information Network (CAPTAIN)

<http://www.captain.ca.gov/>

UC Davis Distance Learning Modules - Guidance for parents (English and Spanish)

https://health.ucdavis.edu/mindinstitute/centers/cedd/cedd_adept.html

Emergency Contact Information

SAFTY Safe Alternatives for Treating Youth

(88)344-2777

SAFTY is a mobile crisis response service available 8 AM to 8 PM to all Santa Barbara County children and youth up until their 21st birthday. The **SAFTY hotline** is available 8 AM to 8 PM, seven days a week, 365 days a year. Quick and accessible service to youth and their families include specialized crisis intervention; in-home support; and linkage to County Alcohol, Drug and Mental Health Services or other appropriate agencies. Services may be provided over the phone as the initial emergency call is taken (i.e. de-escalation and linkage) or in person (i.e. emergency mental health assessments, proactive safety planning and safety monitoring, collaborative introduction meetings).

Behavioral Health Services for Children

<https://www.countyofsb.org/behavioral-wellness/childrenservices.sbc>

The 24-Hour Toll Free Access Line at (888) 868-1649 is available to determine your need and eligibility for services. Entry into the programs listed on the website begins with the Access Line.

Access and Assessment Teams

Three regional teams specializing in access and assessment, with special attention to cultural considerations, such as unique presentations of crises among minorities and the importance of accessing family and community supports. The new regional teams are based in Lompoc, Santa Maria and Santa Barbara. The teams are guided by recovery and resiliency concepts and will improve access to services.

Ages Served: All

Regions: All

Capacity: NA

Provider: Behavioral Wellness

Santa Maria Sheriff Station

812-A W. Foster Rd.

Santa Maria, CA. 93455

Phone: (805) 934-6150

Dispatch non-emergency after hours: (805) 683-2724

<https://www.sbsheriff.org/command-and-divisions/law-enforcement-operations/north-county-operations-division/santa-maria-station/>

Emergency Contact - Dial 9-1-1